

**A. B. M. D. K. SEMINAR**

**Rongarao Skigiminrang**

**Tarik :- 13-16 October, 1994**



***A. B. M. D. K.***

***A. B. Mission Compound, Tura  
West Garo Hills, Meghalaya.***

**Published by**

**A. B. M. D. K.**

**A. B. Mission Compound, Tura  
West Garo Hills, Meghalaya.**

***Printed ~~2090~~ Copies.***

**A. B. M. D. K. SEMINAR**

**Rongarao Skigiminrang**

**Tarik :- 13-16 October, 1994**



***A. B. M. D. K.***

***A. B. Mission Compound, Tura***

***West Garo Hills, Meghalaya. :***

## **Ja'pang Kata**

**Jak**

- |    |                                       |      |      |    |
|----|---------------------------------------|------|------|----|
| 1. | Civic Sence                           | ..   | .... | 2  |
|    | Mrs. Brucellish K. Sang na            |      |      |    |
| 2. | Ma'a Paa aro Dedrangni Nangrimgrikani | ..   |      | 10 |
|    | Mrs. Theresa Marak                    |      |      |    |
| 3. | Me'chikrangni Be'en An'senghaljokani  | .... | ...  | 18 |
|    | Mrs. Dr. Delphin Momin                |      |      |    |
| 4  | Me'chik Dilgiparang                   | ...  | .... | 29 |
|    | Mrs. Vivian Ch. Momin                 |      |      |    |
| 5. | Janggi Jokani ( Bible Study outline ) | ...  | .... | 35 |
|    | Mrs. Handrick Brill Momin             |      |      |    |



**This Book belongs to Govt.**

# Janapchengani

A.B.M.D.K. ni skanggipa seminarko seminarni bimango ong'srangjaba Krma II ni Rajasimla mondolio 1993 bilsio ong'atchengna chol ong'aha. Una skang bilsiantin puja chutimitingo conferenceko ong'atrangaha. Gnigipa seminarko 1994 o Krma III ni Rongara songo seminarni bimangon chu'sokatna man ahani gimin chinga Isolko mittela. Seminario bakko ra pagipa delegaterang sakantian Isolni gital patianirangko man'aha. Uamang an'tangtangsang patianiko man'e dongna sikaijaha indiba gipinrangba maikai apsan dake man'pagen indake je subjectrangni gimin uno skie on'aha uarangko chongipa kitapni bimango ong'katatchina A.B.M.D.K ko didiaha.

A.B.M.D.K. gita iako re'anggipa Dadenggre D.K. sobhao Me'chik delegaterangni chanchianiona ra'angon pilakan uko chongipa kitapni bimango chapa ka'atna namnike ra'chaktokaha. Iako chapa ka'atani A.B.M.-D.K. ni lapna ong'ja indiba poraic nigipa sakantini gisikna maiba namgipa charchianiko aro ma'siataniko A. B. M. D. K. gita naatpana ine miksonganiosa onga. Seminarna segiminoniko bang'gijakosan banoba banoba namdapatani dake chapa ka'ataha. Pilak skigiparangan an'tangtangni jakchakgijagipa somoirangko done chingko dakchakahanina A.B.M.D.K ni pal anga uamang sakantikon mittela.

Isol pilakaan patichina.

Sept. 13, 1995.

Sellitha N. Sangma  
A.B.M.D.K., Secretary  
A. B. Mission Compound,  
Tura.

## CIVIC SENSE

### AGANCHENGANI

Pilakna skangba an'ching "Civic sense" inon maiko miksonga nichengna. Civic kattara gipin kattako talatgipa ba adjective ong'a aro songjinmani bidingo ba a'songo songdongkamgipa/songpanggipani (citizen) bidingo talatna jakkalgipa katta ong'a. Sense inon ning'oni chanchiani, gisikni bewal ba ong'anina, kraanina chanchianiko miksonga.

Civic sense inon an'ching bang'bata changon rongtal antalani aro sel'taani bidingo mangsongbat-ronga. Indiba ian kosakgilgil agananisan ong'aia. Civic sense inahaon songsarni, jatni, a'songui aro mandeni salantini janggi tanganio mandeskaming bakrimani dak-rim-ka'rimaani pilak hdingrangkon man'chapa.

Mandeni gisikni bewalrang, daka-ka'ani bewal-rang, gunrang, gisik seng e aro wa'sae songsarni re'anio bak ra'paani, songui-nokni janggi tanganio chu'soke jak on'paani, ia pilakan civic sense-o nangchapea. Songsar-ko nambatatani, songui-nokni kamrangko ma'siani, song-ni-nokni ba a'songui kamrango bak ra'pana nanggipa changa-sapanirangko skie-ma'sie ra'ani aro mande aro samtangtangni nangrimgrikaniko ma'siani, iarangoba civic sense-ni katta nakata.

Mandeara saksan.tangaijia, tom'dake ba dol dake janggi tanggipa ong'a. Indaken saksani chanchiani aro daka ka'ani bewal jinmanni janggi tanganio nangchakea. Apsan dake jinmani chanchiani aro daka-ka'ani bewal-ba saksani kosako bilmanskaa. Indake saksara jinmana aro jinmara saksana chanchina aro kam ka na ga'aka. Naljokaninaba, jakgitelaninaba mande mandeskako nanga

aro niam done, dol dake janggi tangrimnaba draatako man'a. Mande saksani be'eno gisiko an seng aro kusi ong'e janggi tanganiara bakrimanio, dakna nanggnirango bal chilrimanio, saks sakgipinni chanchianirango mande ra'anio aro chakchikgrikanio pangchaka.

### **Songpanggipara Sawa.**

State ba a'songo donggipa, a'songni on'gimin bilrang donggipa aro a'songna dakna nanggnirango chu'sokat-gipa mandean songpanggipa (citizen) ong'a. Songpang-gipa an'tangna on'gimin bilrangkosan rakkiagija, sak-gipinrangni bilrangkoba mande ra'a. Uni chanchiani, bewal aro kam sakgipino nangchakea ine ua ma'sia. Sak-gipinko gisik saatjana, be'eno saknaatjana aro kragija bewalchi ba kamchi duk ong'atjana gita ua simsaka. A'songni an'tangna on'gimin bilko ua krae jakkala aro man'na nanggnirango dabina ua kenja. Gipin dake aganode, uo chu'gimik civic sense donga.

Iani bidingo dingtang dingtang bidingrangko nie nina.

### **Salantini Janggi Tangani Bidingo.**

Chu'gimik jakgitelaniko man'na darangba ka'dongna man'ja. Torom olakkina, an'tangni ska gita janggi tangna aro chanchiatangko parakna jakgitelani dongna nanga. Indiba saksani jakgitelaniara sakgipinrangni jakgitelani-chi tong'kandiatako man'a. Saksani jakgitelani bon'kujaon, sakgipinni jakgitelani a'bachengskaa. Rama soroko skatang jebasi gari chalaina jakgitelaniko on'ja, maina indake dakode, sakgipinni janggina kenchakani donga. Soroko rama re'na aro garirango chalaina dongimin niamrang donga. Ia niamrangko gimikni naljokanina dona. Skatang gari chalaiode ba sorokni niamrangko manijao-de, ua mande civic senseni bidingo uisrangkuja. Uni simsakgijanichi sakgipin mande saknaa ba janggi gimaata.

Civic sense donggipaniko rama sorokrangko dingtang bimangoba nika. Ramao maiba a'sel ong'ode, pilakan chagrima nia, indiba ja'a jak be'gipako, an'chi pakenggi-pako hospitalchi ra'na inode kattokaia. Ian sakgipinna chanchiani gisik donggijani a'sel ong'a.

Dokano bostu ra'na, cinema nina ba bus gario gadona manderangni jilpretpretako nikronga. Jilpretachi solmal ong'a, saobade saknae ra'a aro bakbakani pal jarobatata. Riting dakchengjani gimin skang re'bagiparangsa ja'manchakpila. Riting dake sengode jikjakani komia, darangnaba be'en aro gisik saani ong'ja aro kam ta-rakbata. Civic sense donggipa mandede ia bewalkosa ja'rika.

Ramasamo pipeni chi joke dongengako nikronga. Chi ehakmano ba jakkalmano pipe-ko tekna simsakgijani ba pipe ku'sik nosto ong'ako tarina gisik nanggijani a'sel indake ong'a. Chi jokbrakode rama re'toja; lano chi jokgalenga, gipinode chi ringnan man'jaenga. Indonga chanchianirang dongjaode, civic sense dongkuja.

Minggipin kragija kamara jeo jao jabol galaiani. Mitamrang noktang-jamtangko chi'jenge rakkia, indiba jabol etrokgalgiminkode jawani baganchisa galataijok ba soroko pakbrok donaijok. Jillarangode chi moelako ba jabolko kosakoni kelki gita pakataia. An'tangnasan chanchiaigipa mande iarangko gisik neng'mangijan daka.

Cha'a ringani bewalba mandeni chanchininganiko ba chanchininggijaniko mesokpila, An'chingni a'song mitam cha'anirngko gipin a'songranganiko ra'baa aro indake cha'anirangni dam raka. A'songo ge'a gamaniba mikka bilsi tik ong'jaode silja; unode cha'ani komia aro mitamde okgimue chakna ga'aka. Indimangba an'ching salantian indita cha'aniko nosto ka a.



An'chingni salantini ramram bewalrangko niate nina. Sakgipinni songbad ba ehitti poraio janggichini ra'bae poraigitikpacaniko mitamde maming gitan nikja Indiba gnigipa mande skanggipa mandeni jakgitelani bilko ong siatenga. Sakgipinni chittiko skatang kulie poraianiba ia apsan obostaon ga'aka, Sakgipinni aganmitingo sengnapgija agandapdapaniara aganenggipako mande ra'gijani chin ong'a.

### SOMOENA SIMSAKANI

Somoena rikani gisik an'chingo komibea. Somoe gamchatbea aro gimaatgimin somoeko maming saloba man'pilja. Tom'aniona mande saksa sokchenge, gipinrangde kontasa ja'manchakode, skanggipa mandede kam a'sel bon'aijok. Sak 20 ja'manchakbaode kanta 21 ( 1+20 ) kode gimaatjok. Somoena rikjaode nokdangni kamoba ong'china mondolini kamoba ong'china. gisik sagrikanirang nakatnaba donga. Somoena ka'sagijagipa mandeo civic sense komia, malna ua sakgipinni somoenaba ka'saja. Antangni aro gipinni somoeko indin bonatjana simsakbena nanga.

### An'seng-baljokani aro Rongtal-an'talani Bidingo

An'seng-baljokani aro rongtal-an'talani niamrangko saoba manijaode an'ching, "Civic sense-an dongja". ine aganronga. Mingsa an'chingni namatna nanggipa bewal ara sturamramani. Stuming re'chapgipa saatgipa jo'ongrang balwa gita chi gita sakgipinona sokangskae, ukosaata, Su buramramariba kragijagipa bewal mingsa. Ia bewal nitogijanisan ongraije, saa ding'aniko giproroatani cholba ong'a. Mitam ma'a paarang dedrangko ramasam a'pal re'ata ba a'pal re'aniko jebasi gala. An'chingni indakgipa simsakgijanichi ba chanchininggijanichi sakgipirang sia-saaniko man'a.

Dingtang somoco dingtang biapo, Moseni ge'et-gimin Isolna dakna nangniara sakantini janggi tanganio nangea. Deuteronomy 13:12-13, o dakgrikani a'tipni a'palo a'pal re'na biap donna agana. A'pal re'na skang a'kol cho'e, a'pal re'manahaon, silchidareming re'bitchap-gipa gol'chongchi a'pal re'atangko a'adappilna agana. A'tip Isolna rongtalna nanga. Ia Moseni ge'etanio Jihovana nitoani, mandeni an'seng-baljokani aro sakgipinna chanchianiko man'gopa.

An'chingni gipin kragija bewalara, rumalkode ra-bita, indiba gingkode a'aosa etgala aro sakgipino gusudapa / atchingdapa. Ian sabisiko sakgipinna sualatani gimin gelna nanggipa bewal ong'a.

#### **Gam'ani Bidingo**

Ku'aganani, Radio Television watani, gari horn jakkalani, loudspeakero git gam'atani, ia pilakan duga-pile gam'ode saksa sakgipinna dongtogijaniko ba saknaniko ra'baa. Gam'dugaaniko ruuta somoena nachil chakna nangode, mandeni knaani bil komiroroange, ja'mano nagok ong'a. Tom'bimongao ba biao salang walang loudspeaker jakkalaniara, songni nokni manderangna dongtogijani ong'pila aro tuna donena man'japilata.

Radio ba Television game watna skang, noktango ba noksulo saoba porikkana poraiengama, saoba saengama, saniba noko duk kalimani ong'engama chanchichengna nanga.

Hospital sepangrango ka'ding-an'senge roani aro born iakkaldugaaniko chempengani donga, maina iaranga saenggiparangni neng'takaniko aro tusianiko peng panga.

Chrik-a'boke roani, game golpo ka ani aro uagita bewalranga mandeskana nama ong'ja. Somoe biap aro obostako nie ka'ding-an'senganiko dakjaode, sakgipinna chanchiani gisik chinapkuja. Nkrongbatgija obostade

siao-bon'ao Duk chakrimaniara dukni balko ritchengata aro ia bebera'anion an'ching noksul-songsulo sia-bon'aona re'paa. A'sel ong'gipa nokni manderang nokningo kalimenga, indiba duk chakpana re'anggiparangde a'palo ka'dingwakwaka aro gam'e betbeta. Indake duk chak rimna re'angani asol miksongani bingbranga. Indiani salgrosalaram a'dokni mitam manderang jatrang siao bon'ao toromni gitrangko ka'sri ka'sri ring-esa somoe re'ata. Iasa kragipa bewal.

### Samtangtangni Bidingo

Samtangtangko ka'sae jakkalna nanga, maina samtangtangara an'chingni janggi tanganio bilsuen bilmana. Samtangtang gam'anichisan ong'aigija wal'kuchiba moela ong'atako man'a. Karkanarangni wal'ku mandena wa'a bolna, matburingrangna bisi ong'a Biri ringani wal'ku ringgipanasan ong'aigija, gipinrangnaba bisi tikata. Uni gimin mande jinmao ba gario songreo biri sigaret ringpongara kragijani ong'a.

Bol wa'ana ka sagija den'ramramaniba samtangtang na ka'sagijani chin ong'a. Deuteronomy 20:19 o, a'songko dokkol ka'on bolrangkode den'nabe ine beng'a, maina biterang cha'ani ong'a. Iano a'bani bolko mandeni janggi ba mandena janggiko on'gipa ine agana, Ian mandeni janggi tanganio ong'chongmotgipa ong'a, maina bolrang mandena cha'aniko on'an baksana, nok jam rik-anio. re a doanio, mikka-bilsi ra'rikanio aro do'o matrangko ripinganio ou'gilmanchaa. A songtangni bosturangna ka'sajaode, a'songni mal gamrangko name jakkalna aro ripingna simsakjaode, re'mikkang chasongrangni janggi tanganiko cha'sotasan ong'aigija, uarangko ong atgipako chonnika ga'aka.

## **A'songni/Sorkarini Binding**

*Manderang songsaro name krae janggi tangna man'na gita a'songko chalaina sorkariko rika aro niamrangko dona. Indiani constitutiono ba A'songni Niam Amao, sorkariko rikani bewal, manderangni man'na nanggnirang, bilrang aroba uamangni dakna nanggnirangko che'em che em on'a. An'chingni a'songo lekka pu'onachi dilgiparangko seoke sason ka'ani bewalrangko ja'rika. An'ching ia sason ka'ani bewalko ma'siama? Ma'siode nama. Ma'sijaode, an'chingo civic sense dongja. A'songo songpanagipade a'songni niamrangko aro sason ka'ani bewalrangko ma'sina nanga.*

Fundamental Rights ba Ja'pang Man'na Nanggnirangko A'songni Dongimin Niamotalen sea. Songpang-giparangni bilrangkoba on'a. Lekka pu'onna, jakgitele janggi tangna, ainni gita pilakan apsan on'ani aro je toromkoba jakgitele olakkina on'gimin bilrang donga. Dakna nanggnirangkoba janapa. Uaranga, aniko manina sakgipinrangni man'gimin bilrangko aro man'na nanggnirangko mande ra'na aroba kajinako on'na. Ia man'na nanggnirangko aro dakna nanggnirangko an'ching talama? Sorkari a'songko rikna gita an'chingni on'gipa kajinako jakkala. An'chingara ia kajinako tik ong'e on'engama? Kaisernikode kaiserna on'na aganna.

A'songni dongimin niamrangoni mingsara lekka pu'onachi dilgiparangko ba sason ka'nagiparangko seokani. Bilsi 18 onin lekka pu'onna bil on'a, indiba bang'a manderangan ia on'gimin bilko jakkalrongja. Mitama lekka pu'onani miksonganiko aro gamchataniko ma'sija mitama ma'sioba simsakja, mitama pu onna re'nan arata aro mitama kena. Anga pu'onoba pu'onjaoba ongaia, saksani pu'ona pu'ongijanio maming dingtanggrikeja ba chakatenggipa mandekon uichengja ine pa'sikaniranga an'tangna on'gimin bilko dal'nikgijaoni ja'dil naa.

Lekka pu'onanio bak ra'paaniara on'gimin bilko jakkalanisan ong'aia. dakna nanggniba ong'a. On'gimin bilko jakkaljaode, nama mandeko seokna man'ia, nama mandeko seokjaode, sorkari namja, sorkari namjaode, songsar namja aro songsar namjaode, songni-nokni manderang, na'an angan neng'nikaniko man'a. Indake chonbee nikgipa bewalba jatni aro mandeskani janggi tanganio bilsuen nangea.

Name uie-ma'sie ra'gipa aro gisik wa'sana sikkipa manderang songsarni aro jatni kamrango chu'gimik jak on'pana man'a. Songpanggiparangni a'songni/songsarni kamo dingchike bak ra'paaniara sorkariko wa'saata aro wa'sagipa sorkariara manderangna bang'bata namgniko on'skana man'a.

Minggipin uina aro dakna nangchongmotgipara sorkarini mal-bostuko mande ra'ani. Garitangna ka'saa. sorkarini garina ka'saja. Bosturangko sorkarinisa ineming skatang jakkala. Bimang tarie donarangko gingting be'ate jak aktonge roa aro sorokrangna on'gipa lightrangni bulbrangko gotate be'ata. Sorkarinide mal dongja iarang pilakan an'ching songpanggiparangni gamsa. Uarangko an'chingni tangkachisa brea aro chalaienga. An'ching sorkarina kajina on'a aro ia kajinako sorkariko chalai-anio jakkala. Iarangko uieba bewaltangko dingtangat-gijagipade songpanggipani dakna nanggniko uija.

Civic sense donggipa songpanggipade gisik seng'e nachil de'krange donga. Indakgipa mande a'songtangni aro sorkaritangni gimin uie-ma'sie ra'na gita lekka-songbad poraia, radio kobor knatima, television nia, tom-bimonganirango dongpae chanchirima aro songni nokni manderangming agan-golpoe rona somoe aro cholko ra'a. Kragija ong'gija dakanirang, togie cha'boke cha'anirang, joa kal'ani, churing chupekani aro uagita songsarna dakenggipa dosrangko gimaatna gita civic sense donggipa mandede dakdilka'dila.

**Sakgipinni** aganako chanchiatangko parakaniko, ku sikko, tormko, sasonni dolko, songsarni gadangko aro man'na nanggnirangko mande ra'gijagipa songpang-gipa songsaro janggi tangna skie ra'na nangkuenga. A'son-gni songpanggipa ong e an'ching maidakgipa bewalrangko mesoka aro an'ching maidakgipa manderang ong'baa, ia pilakan sakgipinrangni janggi tanganio nangchakea. Uni gimin uarangna simsakania an'chingni dakna nang-gnirangoni mingsa ong'a. "Civic sense"-an dongja ine saniba aganako knaode, sakgipinna chanchiani gisik dongja ine ma'sian baksa, angode civic sense dongama ine an'tangko sing'e niba. An'ching uina nanggnirangko an'tang uie dongaina nangja. Songsarni janggi tangani bidingo uie ra'giminrangko sakgipinna agane talate on'skana nanga.

**Ma'a Paa aro Dedrangni Nangrimgrikani ( Eph, 6:1-4 )**

"Angade nokchide mamungsaloba ga'dapjawaha" ine saksa Engineer Chatro aganaha.

"Baba baksade mamungsaloba katta agangrikjawa-ha. Angni aganako knachakpaosa" ine sakgipin panteba agane nokoni ong'kate roamangskaeaha.

Da'ororoni chasongo batg'a nokdangrango ma'a paa aro dedrangrang meligrikgijani aro ma'sigrikgijaniko nikna man'a. Indiba je nokdango ma'a paa aro dedra-ngrang aspan kattarangko agangrika. Saksa sakgipinko mande ra'a ua nokdango katchaani, dakchakgrikani aro ka'sagrikani donga. Iakon chu'sokgipa nokdang ineba agana ama. Indiba indakgipa nokdangrango mamungsaloba ka'onenggrikani ba jegrikani dongchongmotja ine agana man'ja Inioba nangrimgrikpilna cholrangko man'skaa.

**Maironga bewalrang aro katarang ma'sisretaniko aro meligrikijaniko ra'baatronga ? Mai cholrangchi uarangko nambatatna man'gen ?**

- (1) **Generation Gap ( Bilsa chasong dingtangrikani ) :—**  
Jekai ganding chindingni bewalrang, git ring'ani bewalrang, cha'a ringani aro skia poraiani etc.

Ganding chindingni damrang rakbatode mitam ma'a paarang tangka paisarang chu'ongja. Chasongni kri ganding chinding taripajaode ripengskaragoniko ka'dingstekako man'skaa. Antangtangni chanchia gitasan aro namnika gitasan dongode namen eisiko sagrikani ong'gen. Uni gimin an'tangtangni nangnikaniko parake agangrikode maiba cholrangko man'na ama aro nangrimgrike dongna man'gen. Jekai giljachi re'oba skulchi re'o maironga gandingchindingko ganode kraa agangrikna nanga.

Gitni sulrang ba doka dam'anirangba namen dingtangbea. Dedrangni ba chadamberangni namnika gitrangde ma'a paanade chengchang bengbang gita knaman'a Uamangde maiba rock music ba break dance ba roko-mari gitrang ba sulrangkosa namnika. Ma'a paani namnika gitrangkode kore doka gita ba tusiatani git inesa aganskaa. Mitam gitrangde namgijagipa gisikchi salangatakoba man'ata. Uandakgipa gitrangko knatimna beng'oba gipin nokrangchi re'ange knatimskaa. Unon name ma'sijode ka'onangani ong'baskagen. Meligrikani chol maikai ong'gen ? Mingsa cholara indake ong'na man'a' chong'motan jensalo ma'a paa nokona re'baon uamang gitrangko watoba ka'sine watna aganskaode nama. Poraiani somoiko jakkale, somoi gita watna aganoba nambata. Aro ma'a-paani namnika gitko ba toromni gitko Robibar salrangko watode pilaknan re'chakani ong'a.

Skia poraiani bidingo, skangni chasong aro da'oni chasong namen dingtangbeaha. Ma'a-paarang da'ororoni skianirangko u ijaode maikai sason ka'na aro skie ku'patie on'na man'gen? Chingni somoiode indakede ong'jachim ine aganode aro chanchiode ka'dingstekanikosa man'gen. Basakobade ma'a paa an'tangtangni nemnika kumko ka'atna ske depante ba demechik gisiko sikjaoba draen poraiata. Uandaken chu'sokani pal neng'ani aro duk ong'anirangba ong'skaa. Basakobara dedrang gipin bipachi re'ange poraina ska, ma'a-paara cholan ong'skaja. Skatangko chu'sokatna man'jaani gimin poraieija dongchipskaa.

(2) Communication Gap-(Ruragrikanio ba agangrikani bon'chongdike) katta aganani bewalrang rokomari gnan. Bang'a somoion nangrimgrikani ba ka'o nanggrikania aganbewalanio ong'rongbata. Katta aganmitingo knatimgrikode ma'sigrika. Unon pilak neng'nikanirang dongoba saksa sakgipin baksa agangrike kattarangko rongtalatna.

—Basakoba an'tangni guala kamko u'ioaba uko donmitapna jotton ka.ode uan namja. Indiba "Angan gualaha kema ka'pabo" ine agana amode pilakan rongtalgen.

—Katta aganmitingo gisiko nanggija dongode, namen ka'o nangani aro agantaiani gri jrip donggen. Unon gisiko sarorona a'bachenggen aro agangrikanirang bon chong dikgen.

—An'tangni chenchiakosa aro kamkosa on'nika. Sakgipinni agana aro kamde tik dongja ine chanchiode mamungsaloba nangrimgrikna amjawa. Ma'a paa bilsio u'ianio aro bilo batani gimin uamang jeko agana uan kakket ine chanchiode bang'a nangrimgijaniko nikna man'gen.

Nokdango ka'sagrikanio dongode kattarangko name agangrikna man'gen unon ma'sigrikna chol ong'gen. Simsagrikanio aro saksa sakgipinni chanchianiko mande



ra'grikode tom'tomani aro kusini donggen. Ia pilakkon man'a gita somoirangko ra'e Isolo bi'rongna nanga. Je nokdango pilak kattarangko agangkrike ma'sigrika ua nokdangni dedrangrang dal'roro-silrirona aro Nokgipa Isolna bame kenao janggi tangna man gen.

Toromo janggi tanganiko agre duga draesa jarikana skiode dedrangrang namnikrongja, indiba uamangni u'iani gita ba ra'chakna ama gita re'dilode uan chu-sokgipa ong'gen. Jekai basakoba apsan git ring'na namnika aro basakobade jechaka. Jensalo gisik suk ong'jae gitrangko ring'na sikjaoba drae ring'atode ba ruutbee sastro skiode gisik nangani pal changgipinoba re'bagija dongchipna a'bachenggen. Uandake ja'manode re'baatnan man'srangjawaha aro an'tangko chel'roroate dongna. jotton ka'gen.

Ma'a paarangan golporangko ka'na gita cholrangko mesokna nanga. Chong'motan jensalo somoi namako man'a unon kattarangko agangrikna jotton ka'na nanga. Dingtang dingtang cholrangko am'na nanga. Ma'a paa ba dedrang an'tangtangni namnikani gitasan ong'aigija, saksa sakgipinni namnikanikoba ma sina man'ode nam-bata. Mitam nokdangrango ma'a paa baksa dedrang kattarangko skatang aganrongjaode, dedrangoni saoba adatang ba a'bitangchin jongdrang nodrangna kattarangko ma'siatna man'a. Maina bang'a adatang a'bitangrang jongtang notangni namnika ba namnikja bewalko u ibata aro uamangna simsakna namnika. Unon nokdango ma'sigrikaniba donggen aro dedrangrangko mikkang janggi tang-aniona tarisoaniba ong'gen. Katta aganwate ka'o nangchipile warachak-grikaidoe aro "Na'ade pangnan ba na'ade mamungsaloba" ingipa bewalrang dongode namen jegrikani aro noko sosojengjeng ong'ani donggen.

### **Nama Bewalrang Dongode Nangrimgrikani Donggen**

[1] Jekai noko tom'tomani ba nangrimgrikani komienga ine ma'siode, dingtang dingtang cholrangko

am'na man'gen. Bate bi'achi Isolni bilo pangchakna man'gen.

[2] *Gisikni chanchiatangko ba gisik saaniko sriksrik donnuna nangja indiba kattarangko parake agantokote nambata.*

[3] *Nama somoiko sandie agangrikna jotton ka'na nanga. An'tangni guala kam dongode uko kema bi'na kenna ba kratchana nangja. Aro sakgipinni gualakoba ma'siskana nanga.*

[4] *Je kattarangni gimin agangrikgen, gipin subjectrangko ra'bachapna nangja.*

[5] *Agrepile kattarangko aganbelbelnabe.*

[6] *Sontolgipa ong'bo, kakketgipa ong'bo, ku'rachakgrike kema ka'grikbo.*

Saksa bilsu 12 ong'gipa bi'sa skuloni re'baon ba'ra mitchie aro basakobara grinne re'barongachim. Ua sakgipin bi'saskarang baksa dakgrikrongachim. Ma'a paani sing'on ua ku'rachakjaha. Salsao pagipa namen ka'o nangprete aganaha, je an'ching Kristianrangde dakgrikna manja, maina dakgrikenga. Pagipani aganon ua mamungkoba aganchakgija jripjrip dongaiaha. Salgipinno uni ma'gipa un baksa asongrime uko doktope aganaha, "Na'a maiba a'selni gimin gisik suk ong'jaenga. Mai mancha ong'a angna aganna man'genma baba?" Ine sing'on ua pante bi'sa namen ka'siksik ra'e grapaha ine agana. Unon "Bang'a pante bi'sarangan angni ja'a kora ong'e re'aniko sninge angko lengra ine aganani giminsa anga namen ka-onange jegrik dakgrikrongachim" ine ma'gipana aganaha. Ma'gipa name knatimaha aro ru'uten ua depante baksa kattarangko agane ma'siatna jotton ka'aha. Aro ma'gipa aganangkuaha je uni ja'kora ong'aha ua pangnan aro uko namatpilna man'jawaha, maina uan polio saani gimin ong'ahachim. Oe gipin bi'sarangna nina nidiknaba gnang, indiba nangnade mamung dingtanggrikani dong-

jakonba. Je obosta ong'oba ua nang'ni ripengrang ka-dingstekgenchim ong'oba an'chingni niamode dakgrikaniko jakkalna man'ja, maina uan Isolna kragijani ong'a. Na'a ia kattako gisik ra'genma ? Ine ma'gipa aganaha.

Adita salrangna ua bi'sa jotton ka'aha aro ripengskarang ka'dingstekoba mamungkoba aganchakgija jrip dongahaon ka'sne ka'sne pilakan namaha. Dedrangni agana kattarangko ba neng'nikanirangko nachikolchisan knaegija gisik ka'tongchiba ma'sina man'ode, nangrimgrikaniona salbana chol gnang. Eph 6 : 1 -4 Dedrang aro ma'gipa pagiparangni chu'sokatna nanggni bewal aro kamrang.

#### **Dedrangrani Chanchina Nanganirang :**

Gitrang 127—0 aganani gitade dedrangara Gitelni man'rikgnigipa ong'a. Dedrangko bilakgipa mandeni jako brarang gita tosusae agana. Budepa buchuma ong'ani somoio nirok sandinasigiparang dedrangan ong'a. Ma'a paani katchaani aro mikkim rasong dedrangan ong'a. Nokdangko rikgipa aro nirokgipa dedrangan ong'a.

#### **Gisik Gnanggipa Dedrang Maiko Agangen ?**

- Nangchongmotgijako dabijawa.
- Nokdangni korosrangna chanchironggen.
- Uamangna batgiparangni neng'takani somoiko aro cha'a ringani somoiko rakkigen.
- Uamangni dakna nanga kamko sulsul name ka'sa jotton ka'gen, jedakode T. V, radio, Video-Film aro gitrangko wate gam'atachi disturb ka'jawa
- Noktangona seng'gnang re'bagen, jedakode nokni mandarang somoi gita aro kenmangija tusina man'gen.
- Uamang bachi re'angenga aro basako re'bapilgen aganrongesa re'ongkatgen.
- Nokdangni mikkim rasongko name rakkina jotton ka'gen.
- Ripengrangko seokalioba simsakgen.

—Jongdrang nodrangna nama skie ra'aniko dakmesokgen.  
—Bil ama dipet name poraigen.

—Kam ka'na seokon name chanchiesa kamo napna  
jotton ka'gen, jedakode nokdangna kratchaaniko ra'ba-  
jawa. Jekai sriksrik badinggipa ba pekgipa ringa  
cha'aniko paljawa.

**Gisik Gnanggipa Depante Aro Demechikni Chu'sokatna  
Nanggni Kamrang .**

- Ma a paani kattako knatima ( Toe Skiani 1 : 8—19 )
- Namgijaoni naljokna jotton ka'a ( Toe Skia 4 : 20—27 )
- Rake kam ka'na jotton ka'a ( Toe Skia 6 : 6—11 )
- Ma'a paako kusi ong'ata ( Toe Skia 10 : 1 )
- Ge'tanirangko mania ( Toe Skia 15 : 5 )
- Ma'a paako sao on'ja ( Toe Skia 20 : 20 )

**Dedrang Ma'a Paaoniko Maiko Man'na Namnika ?**

1. Angko nosto ka'nabe. Jejerangko anga bi'aha,  
pilakkonde nangchongmota ong'ja. Na'simangko ninasa  
daka.

2. Angko rake sason ka'na kennabe. Anga ukon  
nangnika, maina uan angko mangrakatgen.

3. Namgija bewalko ranta ka'na chol on'nabe.  
Uarangko ja'rikna a.bachengon, angko dokpengbo.

4. Gipin manderangni mikkango angni gualarangko  
agannabe. Anga saksan ong'mitingo aganode gisik nang-  
batna man'gen,

5. Angni gualaranga pap ong'a ine angko galonnabe.

6. Bel'beldame dongnabe, ong'jaode angade knagija  
dake dongaigen.

7. Maiba kattarangko sing'on aganchakgija dong-  
panabe, ong'jaode, angade sing'taijawaha aro gipinoniko  
dakchakaniko am'skagen.

8. Mamungsaloba na'a kakketbatsranggipa aro gual-  
gijagipa dake mesokpanabe ong'jaode basakoba nang'ni  
gualako nikode anga jagokman'gen.

9. Gualatangna kema bi'na namnikgija ong'nabe. Kakket oug'e kema bi'ode nang'na ka'sabatna man'a.

10. Pilakkon dake nina ka'a nina sikani dongako gualpanabe. Ua gride anga skie ra'na aro ma'sibatna amja. Uni gimin beng'panabe.

### **Ma'a Paani Chanchina Nanggni**

Ma'a paarang dedrangko mande ra'na nangchongmota. Uamangni neng'nikanirangko ma'sina jotton ka'na nanga. An'ching skie agane on'anio nama ramakoba mesokjolna nanga. Uamang an'tangtangni nangnikaniko seoke ra'na chol ong'na nanga. Chu'sokna amjaoba uamangko ansa-oate jotton ka'taichina didina nanga. Uandake uamang mikkang janggi tanganio an'tangtangni dakna nanga kamko ma'sibate ra'na aro chu'sokbatna amgen.

Dedrangko an'ching repengska gita channa nanga. Gital u'ianiko aro dingtang dingtang ramarangko nikna man'gen. Nokdangni janggi tanganio dedrangni aganani-rangkoba ra'chakna nanga. Je nokdango dedrang ma'a paako sason ka'gipa ong'gija ripengska gita chanchina man'a uan patiaiko man'gipa nokdang ine u'ibo.

### **Kusi Ong gipa Nokdang**

- Jeo segipa ba pagipa rake kam ka'a an'tangko on kanga aro gisik tom'tome donga.
- Jikgipa ba ma'gipa gisiko nange aro bimchipe kam ka'a.
- Dedrang ma'a paako mande ra'a, ka'saa aro katta mania.
- Nokdangni silrora dal'roroanina nokni sakantian dak-chakgrika aro kamrangko suale ka'a.
- Pilak kammon ka'sagrikami aro ma'sigrikani gnang.
- Pilakan Nokgipa Isolo pangchake pangnan bi'ronge janggi tang.

**Isolni patiani ong'china.**

# Me'chikrangni Be'en An'sengbaljokani

( Poraiani ) : Johan 10 : 10. I. Korinthiarangna 3 : 16-17

Toe Skia 31 : 10 - 31.

## Health ba An'sengbaljokaniara Maia ?

Mandeni an'seng baljokani ine aganon uni be'enan'-senganikosan mangsongja, indiba pilak janggi tangani bakrangkon man'gopa. Chong'motan, (1) Physical ba be'en bikap (2) Mental ba gisik (3) Social ba songsaro janggi tangani (4) Spiritual ba toromo janggi tangani.

Johau 10 : 10 - "Uamang maikai janggiko man'gen, aro chu'soke man'gen, uni gimin anga re bara."

Iano Jisu mandena suakpilgipa ( abundant ) janggi tanganiko ku'rachakaha aro ia indakgipa janggi tanganiara ia chu'gimik an'sengbaljokanian ong'genchim. An'seng baljokaniara janggi tangna bilko on'gipa ong'a. Suakpile janggi tanganio mande saggipinrangna altubeen sualgrike janggi tangna man'a. Toe skiani, 31-10-31 - 0 gun gngang-gipa me'chikni gimin name niatode uni chu'gimik an'-senggipa ong'aniko nikatna man'a.

## Me'chikara Sawa ?

Bang bata manderangan me'chik inahaode me'asani jikgipn aro ma'gipa inesan u'iaia. Me'asasa kamaigipa ine ra a. Uni gimin bang'bata salon me'chik an'tangtangba aro gipinrangchiba nionako man'a. Indiba name chan-chigenchim ong'ode ian dingtanga.

Me'chikara nokdangni, songsarni, mondolini aro jatni janggil bolgro gita ong'a, maina pilakni silroroani nokni me'chikon pangchaka. "Chadamberang aro bi saringan knalo a'songko rikgnigiparang" ba uamangan knalo a'songko, mondoliko aro jatko dilgiparang ong'gn.

Indiba ia chadamberangko aro bi'sarangko sawa ong'ata ? Ma'giparang ong'jama ? Me'chikrangan segiparang bang'bata somoion pangchaka. Bang'bata salon chu'sokgipa, dal'gipa ba mande ra'ako man'na kragipa manderangni mitino uamangni namgipa jikgiparang dongronga. Da'ororoni a'gilsakho niatode me'chikrang noko donge bi'sa ba'e nokni kamrangkosan ka'aljaha, indiba pilak kamrangkon me'asarang baksa apsan apsan ka'paanirangko nikna man'a.

Me'chikrangni an'senganiara maina nangchongmotani ong'a ?

I. Korinthiarangna 3 : 16 – 17.

“Na'simang Isolni torom nokdring ong'a aro Isolni gisik na'simango donga ine na'simang urijama ? Saoba Isolni torom nokdringko gimaatode, Isol uko gimaatgen, maina Isolni torom nokdring rongtala ong'a aro na'simangan uan ong'a.”

Uni gimin an'chingni be'en bikapko aro gisikko an'senge rakkiani aro simsakaniara Isolni namoikani ine nikna man'a. Isolni nikanio an'chingni be'enara gamchata maina Isol an'ching sakantikoni uni bimango ong'ataha. Uni nikanio me'chik aro me'asa dingtangani dongja.

Indiba me'chikni an'senganiua me'asanina bate simsakbatna nanga. An'senggipa bi'sarangko atchiatna magipani an'senganiko nanga. An'senggipa, an'senggipa dedrangko ong'ata. An'senggipa dedrang an'senggipa songdonggiparangko on'ata. Beben dedrangko dal'baatanio dol gnini nirokaniko chong'motan ma'a aro paanikoba nanga. Indiba bi'sani okningo dongaoni ua an'tangko simsakna sapkujaona man'gipani simsak nirokanikosa bang'bate nanga. Atchikugijagipa bi'sana simsakna gita ma'gipa an'tangna simsakskana nanga. An'tangni be'enkosan ong'ja, indiba gisikkoba an'senge donna nanga. Okningo dongenggipa bi'saba ma'ani duk ba kusichi dingtangatako man'a ine agana. Ma'gipa bi'sana sokkosan

on'aigipa ong'ja, indiba ku'sik aganna man'gijagipa bi'sani pilak bewalrangko niroke uni nanganirangko aro saanirangkoa u'igipa ong'a. Bi'sa dal'baengmitingo uamangni janggi tanganio pilak dakbewalrangko nirokgipa ma'gipaan ong'a. Uamangni namgipa aro namgijagipa bewalrang ma'gipani skianion pangchakbata. Chonchongipa dedrang ma'gipani pilak dakbewalrangko daksningpaa. Uni gimin bi'sarangni pilak an'sengani, o ra'bana ma'gipani jakon ong'a.

Ma'gipa bi sarangnasan an'senganiko ra'bagipa ong'ja, indiba uni segipa aro noko dongenggipa pilak manderangan uo pangchakani ong'a. Indake an'senggipa ma'gipa an'senggipa nokdangko ong'ata aro an'senggipa nokdang an'senggipa songko ong'ata.

An'senggipa ma'gipa ( be'enni ba gisikni gitaba ong'bo) an'tang dedrangrangko ba nokdangko nirokna man'ja. An'tang be'en suk ong'jaode ua dedrangrangkosa ba setangkosa ka'onangna sikaigenchim. Unigimin me'chikni an'seng-bal jokaniara nangchongmotgipa ong'a.

Me'chik an'seng bal jokna gita dingtangdingtang gadangrango neng'nikanirang donga. Uni janggi tangani gadangrangko indake donna man'a. (1) Me'chik bi'sa ong'ani. (2) Me'tra ong'ani. (3) Ma'gipa ong'ani. (4) Buchuma ong'ani.

Me'chik bi'sani salrangonin uni an'seng bal jokanio dingtang dingtang a'selrang bakko ra'a.

1. Uni ma'ani oko dongmitingo uni ma'ani an'seng-bal jokanio ua pangchaka. Mitam nokdangrango mongsongbate Indiani gipin jolrangode me'chik bi'sa ine u'ion atchiani bakan so'ote gala. Basakobade me'asama ba me'chikma uako u'ina okko sonography aro aminocenthesis-rangko dake nie me'chik bi'sa ong'a ine u'ion drae bi'sako galata ba abortion ka'ata.



2. Me'chik bi'sarang me'asa bi'sarangna bate be'eno aro gisiko dal'ningbata, jekai me'chik bewal, sokme atching chika, uandake uamangni gisikba briningbata. Uni gimin me'chik bi'sarangna uamangni dal'drobamitingo senggnangbate simsakaniko on'na nanga. Uamangna name skie on'jaode, uamang ia somoimitingo ong'siatanirangkoba man'na ama. Basakobade kenjagokataniko ba basakobade kratchaataniko man'na ama. Jaan-tion an'chiko gimaatani gimia cha'a-ringao simsakbatna nanga. Mitan me'chikrang mens ba bewal ong'na akangrang dingtang dingtang be'en-ni an'senggijanirangko man'na ama jekon Premenstrual tension ine agana. Ia somoimitingo basakobade uamangni gisik chanchianirangba tik ong'ja. Uamang rangsan duk ong'ningna ba ka'o nangningna man'aia. Mitam me'chikrang an'tangtangko rakkirikna man'ja. An'tangtangni janggirangko ra'gipa me'chikrang ia somoirangon ong'bata ine nikmanaha. Uni gimin me'chik bi'sarangko uamangni ba'rima, ma'a paa a.o gipin manderangba ia somoimitingo ma'sie jakkalna nanga.

Ia me'trarangan an'tangtangko bia ka'na aro ma'gipa ong'na tarisona nanga.

3. Ma'gipa ong'ani salrango me'chik, oko keengmiting salrango dingtangmancha an'tangna simsakna nanga. Ia somoio ua okningo donggipa bi'sana chu'onga gita cha'aniko on'na aro an'tangko mangrake rak-kina, chu'onga gita cha'anirangko cha'na nanga. Rongtale an'tale dongna, an'tangko doctorrangna re'ange mesokna aro T. T. injectionrangko su'na gita simsakna nanga. Mai-ba saani donggenchimode rang'san hospitalona re'angna nanga. Uni be'en an'senganisan ong'ja, indiba uni gisik an'senganikoba nangchongmota. Uni segipani, ma'a paani aro sakgipinrangni gisikni gita de chroaniko (moral support) nanga. Mongsongbate ma'gitalrangna iako nangbata.

Bi'sa an'pakani ja'manoba uamang dingtangmancha simsekanika nangkua. Chu'onga gita neng'takaniko uamangna nanga. Bi'sa bakgitchakko nirokenggipa ma'gipa segipani aro ma'drangrangni kamchi aro gisikchi dakchakaniko namen nanga. Degranggra ba dal'dale bi'sa ba'aniara ma'gipani aro bi'sani an'sengatanina nangchongmotgipa ong'a.

4. Buchuma :— Bi'sa ba'ani badeani bilsi 45-50 ni ja'mano ong'a. An'chingode bang'bata me'chikan bilsi 50 osa mens bon'a, indiba Indiani gipin bakrangode bilsi 50 on dontonga. Bilsi 3—5 rangna me'chik bewal dontongna skang aro ja'manoba me'chikma adita be'enni aro gisikni suk ong'atgijanirangko man'a. An'senggipa me'chik ia ong'anganiko inditana u'irikja, indiba be'enni gitaba ong'chong ba gisikni gitaba ong'chong an'senggijagipa me'chik ia bilsirango namen be'enni aro gisikni an'senggijanirangko man'a. Mitamde dikdiksana sko tik ong'gija daknaba man'pila. Ia Pre-menopause somoirangoba me'chik segipani aro gipinrangni ma'sie jakkalaniko nanga.

### Saani Rokrang :

Me'chikni physiology ba ong'telaigipa a'selrangna agreba uarang baksa sachapchapgipa saanirangba dongkuenga. Un baksana mitam saanirang me'chikrangosan ong'na amaia jekai bi'sa sa'tip aro uni ramarangni tumours aro caccerrang aro an'o dongmitingo aro uni ja'mano saanirang aro uandake bang'a saanirang gnang. Unbaksana je rokrangko gipin manderangba man'achim, ua saanirangoniba me'chikrang jokna man'ja jekai Malaria, T. B, Diarrhoea, Pneumonia aro indake gipin saanirang.

Me'chikrangni an'seng baljokanirangko mai a'selrang ba bakrang jako ra'para ?

(1) Me'chik an'tangan.

(2) Nokdang.

- (3) Society ba songsar.
- (4) Environment ba wilwilao donggiparang.
- (5) Mondoli.

**Me'chik An'tangan :**

1. An'tangko rongtal an'tale donganina simsakani aro simsakgijani. Me'chikma ong'ahaode an'tangtangko seltaja bel'taja dake dona. Iarangan setangtangkoba brangata.

2. Skie ra'an! :— Lekka pora man'gipasan skie ra'na man'a ong'ja, indiba lekka pora man'pajoba skie ra'na man'a. Skie ra'anichi an'tangna aro nokdangna an'seng-bal jokaniko ra'bara.

3. Cha'a ringanina simsakani :— Mitam me'chik-rangde sena dena tine on'manahaode an'tangtangde mi me'kamrangkoba cha'e dongala. An'tangtangni cha'anirangnade simsakrongja. Be'enna nangchongmotgipa bos-turang salantini cha'anio dongna nanga; Mitamrang mikosan bang'prete cha'aia aro mitamara be'enkosan bang'prete cha'aia uni gimin mitamode an'chi komia.

4. An'tangni saanirangna simsakani :— Bang'bata me'chikan an'tangtangni saanirangko donnua aro segiparangnaba aganja aro doctorrangonade saa amjajokosa re-baia. Badita seng gnung sananiko man'a inditan nampilnaba altua.

5. Be'enko aro gisikko ranta ka'anirang an'seng baljokanina dakchaka. Napehipchlpe donggipa me'chik be'enni ba gisikni an'senganiko man'a amja.

**Nokdang :**

Segipa aro dedrangba me'chikni an'seng baljokanio bakko ra'a. Chongipa bi'sako simsakanio, uamangni be'enni aro gisikni an'senganio ma'a paa mongsongbatgipa bakko ra'a. Bi'saoni dal'bahaona ma'a paani jakkalanio uni an'seng baljokani pangchaka.

Gipin Indiani a'jarango me'chik bi'sarangko nokkol gita jakkalaaro cha'anirangkoba chu'onge cha'na on'ja.

Obite niotangrangba namchiktangrangko ka'sagija jakkala. Me'chikni ong'telanirangoniko nipilatode pilak janggi tanganirangon nokni member rangni uko ma'sie jakkalanian uni an'seng baljokaniko bariata. Segipani me'chikko dakchakani, una simsakaniko aro uko ma'sie jakkalaniko me'chikni be'en bimangko nien ma'sina man'a. Indiba badiaba segiparangde jiktangtangko duk on'bea.

Buchumarangba degiparangni aro segiparangni ka'sae jakkalaniko uni an'senganina nanga. Bang'bata me'chik-rangan an'tangtangni segiparangchi ba dedrangrangchi gisik saatako man'on be'eno gipin saanirangba pa siks-kana man'a. Jedake bi'sa donggijagipa me'chik okni dintang dintang saanirangkoba aganronga. Indiba uni chong'motgipa agana skanide bi'sa ba'na sikanisachim. Basakobade bikipilskaa. An'tang be'en suk ong'jaengoba ua dedrangko ba segipakosa ka'onangskaa.

Bi'sa ba'brekani me'chikni an senganikoba champenga. Me'chik bi'sa an'pakani somoio bang'a an'chirangko gimaata aro nama cha'anirangko cha'oba bilsisani gise-pode kolgapatna neng'a. Uni gimin bilsisa ong'gijan bi'sa ba.taianiara me'chikna namja aro gimaaniko ra'bana ama.

Badiaba me'asarangde jiktangtango ka'dongja dake jikgiparangni family Planning dakna am'akoba champenga aro an'tangtangba bi'sa baatjana gita mamung chol-rangkoba daksakaja. Duk saknaa man'gipade me'chiksa ine mitam me'asarangde ma'sija. Iudake mitam me'chik-rang oko bi'sa dongrikahaode aro kosakogipa bi'sara chonaiengode, bi'sa galna ba abortion ka'na draatako man'a. Ia abortion ba bi'sa galaniara bang'a me'chik-rangni janggiko nisiata. Basakobade Tetanus ong'ata, basakobara okningo minchipa aro basakobade mina nama-haoba jensalo.an'o dongaha, unon bi'sa sa'tipo ong'gija badiaba biaposa ong'e, ma'chakgipa biap bretna man'a. Unode me'chik sina man'a. Menopauseni somoirango an'tangni bi'sa galanirangko chanchiate namen gisikko saatnaba man'a.

**3. Society ba Songsar :**

Me'chikni an'seng baljokaniara songsarni dakbewal-rangoba pangchaka.

**Senggnang bia ka'an-bawel :** Agre senggnang bia ka'gipa me'chikrang bi'sa an'pakani somoio bang'en bil be'a aro dingtang dingtang saanirangko man'na altubata. Uamangko seng'gnang bribateba nikbata, Gisiko gitaba dukko man'bata. Basakobade agre dambe ong'ani gimin segipako aro dedrangrangko nirok simsakna sapkujae noko kajia golmalrang ong'na man'a.

**Dowry :** Ia dowry on'ani bidingo an'chingni a'song-ode mamung a'sel ong'ani dongkuja. Indiba gipin India-ni jatrangode iani gimin me'chikrang bang'a dukrangko man'rongbata. Ia dakbewal baditana kingking an ching-ko didigen da'odipet aganna man'ja. Haida A chikrang-ni bewalrang rakenga dipetde mamungba ong'jawa gita nika.

**Rape :** Me'chikko drae til'okani ba kal'akani : — Ia a'selrang bi'sa chongiparangon ong'rongbata. Ja chet ba bilsi bunga ong'gipa me'chik bi'sarangko kal'akaniko anga knamanahv. Bilsi bunga ong'gipa bi'sa bilsi gnina hospitalo kal'aka man'e, uni bibik napongako tarina dongako anga Ludhiana hospitalo nikbaaha. Bang baia somoion rape ka'gipa me'asarang a'gital manderang ong'-ja, indiba nokona rona re'bagipa manderang ba ma'drang-rangan ong'rongbata. Kal'aka man'ahaon me'chik bi'sani janggi tangani ong'siataniko man'a. Me'chik bi'sa dal'-ahaon me'asana kenjagoka aro segipa ra'na sikja ba kena aro mitamara noti dari pil'anga. Me'tra dal'ahaode an'tangko nisie galaona soka ba rape ka'ako man'e an'o dongrikode abortion ka'na draatako man'a.

**Ong'enggipa Janggi Tangani Gadang :** Bang'a ma'-giparangan songsaro janggi tangani gadango dongna ska. uni gimin uamangko bil amana bate kamrangko rakbate

ka'na draatako man'a. Indake uamangni skako man'jaode gisik saanirangko man'a. Tamakku, chu aro pek-gipa ringanirangko jakkalani janggi tangan gadang ong'a ine ra'e mitam me'chikrangde uarangko jakkala. Indiba la jakkalanirang uamangni be'enna namgijani ong'a. Uandaken ja'achi rama re'na arate, gariraraosa mitamde re'na mamuka. Indiba ja'achi rama re'an be'enna namgipa ranta ong'a.

**Lekka Pera :**— Songa lekka pora donganiara me'chikrangni an'seng baljokanina namen dakchaka. Skia man'gipa me'chikrang gamchataniko ma'sibata. Indake uamangko mande ra'bata jakkalbata aro me'chikrangni bilgrianirangkoba ba neng'nikanirangkoba ma'siningbata. Lekka pora donggipa me'chikrang saksa sakgipinkoba skie on'na gisiko nangbata.

**Environment :**— Mandeni an'seng-baljokani uni wil-wilao donggiparangjedake balwa, chi, sam-balrangba bakko ra'a. An'chingni noksam nokgilrangko rongtal-gija donani rongtalgijagipa balwarangko ong'atgen.

**Mondoli :**— Kristianrang donggipa biaprango me'chikni an'sengbaljoke donganio mondolini manderang namen dakchaka. Mondolini manderangni bakrimani me'chikrangni janggi tanganiko de'chaoa. Saa ding'arango ba duk ong'ani somoirango bi'chakanirang aro nirok-sandianirang uni sisikni an'senganina namen dakchaka. Mondolini nirok sandiani napchipchipe duk ong'e dongeng-gipa segrirangkoba nokoni ong'kate repengskarangko gronge kusi ong'ata aro be'enni an'senganiko man'a.

**W. H. O :**— World Health Organisation-chi chu gimik an'seng baljokanide be'en aro gisikni (Physical & Mental) mamung saani rokri an'senganikosa mesoka. Spiritual Health ba baljanggini ge'sa an'sengani giminde man'gopja Indiba an'chingni Cristian ong'e janggi tanganio be'enni saanirang baksaba baljanggini gisik an'senggipa mande a'gilsako orto gnanggipa janggi tanganio dongna man'a. Samariani me'chik jeko Jisu Jacobni chiakolo gronga-

chim, uan be'enni gita an'senggipa ong'oba gisikni gita an'senganiko man'ja ine nikatna man'a. Jisu una an'tangko parape'ani ja'mano uni dingtang ong'anikoba an'ching nikatna man'a. Americani me'chik saksa Joni Eraeckson chio jromitingo ga'akon uni be'en gimik gitokdipei sis-rangaha. Ua adita gram silgrakni tarigimin ka'sopchisa rangsitaiahachim. An'tangde su'buna aro ki'na man'ja, uni ja'a jakrangba sisrangahachim. An'tangni obostako urion ua aiao inmanpile duk ong'aha aro an'tangko nisie galakon am'pilahachim. Indaka obostaon ua Jisu Kristoni ka'saati aro jokataniko ma'siaha. Uan uni janggi tanga-niko bikpilatsrangaha aro untal janggi tanganina tikkeln a'bachengaha. Uni ja'a jakrangko ua jakkaloa man'ja uni ku'sik mangmangkosan ua jakkalna man'ia. Ua uni ku'sikchi noksarangko salna aro rong nongna a'bachengskaha. Da'o ua an'tang gita be'enni ong'sianirangko (handicapped) man gipa manderangona re'ange uamangni janggi tangana tikkelaniko didienga. Uandakeba uamangna Jisuni ka'saaniko aganprakenga. aro bang'a Kristian noksarangko ( card ) salenga. Joni Eraeckson bang'a Kristianrangonikon didianirangko man'aha.

Iano an'ching ia me'chikni be'enni bilgricba uni chugimik baljanggihini an'senganiko nikna man'a. Mondoli me'chikrangni an'seng baljokanirangna maiko dakna man'gen.

**Suggestions :—** I. Mondolirang gita an'seng-baljokanina skie on'na.

a) Me'chikrangko uamangni an'seng-baljokani gimin ma'siatna jedakode uamang an'tangtangni an'senganina simsakgija dak jawa.

2. Lekka paltak, magazine, ba indake chonchone me'chikrangni an'senganina aganprakna.

II. Sorkarini on'gimin cholrang jedake ICDS. indakgiparang baksa Mondoli ku'monge kam ka'na.

Ma'giparangna chel'chaksona biji su'anirang (Immunization) aro cha'a ring'arangni gimin skie on'na.

III. Ku'patiani biap aro cholrangko mondoli gita on'na.

(a) Bia ka'na skang ku'patiani

(b) Iarangni gimin skie on'ani

(1) Sexual adjustment.

(2) Abortion

(3) AIDS aro (4) Drug Abuse.

IV. Brigimin me'chikrangko nirok simsakna nanga-niko u'iatna :

(a) Kam bon'na skang ku patina

(b) Menopause aro un baksa sachapanirang.

V. Me'chikrangko ong'gija jakkalanirangko nam-nikgijaniko dingtang dingtang cholrangko jakkale agan-parakani

VI. Mandeni wilwilanirangko rongtalatgijanirangko champengna

VII. Sorkariko songni aro townni cholgrigipa me'-chikrangni an'seng baljokanirangna narubate simsakchina sinjete aganna.



# Me'chik Dilgiparang

## Aganchengani :

Ru'uta chasongrangonin me'chikrangba dilgipani kamko ka'enga ine an'ching nikna man'a. Be'enni aro bil jakni gita me'chikrang me'asarangna bate bilgribatoba, gisik seng'ani, changa sapani aro ka'donganiode me'chikrang me'asarangna bate komibatja ine nika. Indaken me'chikrangba chu'sokgipa dilgiparang ong'aha. Badiaba badiaba jatrango me'chikrangko onera'a. Me'chikrango gamchatani dongja, uamangni kamde bi'sa ba'ani, segipako kusi ong'atani aro segipana dangdike on'anisan ine me'asarang chanchie, uamangko nokkol gitasan jakkala. Indake badiaba me'chikrango gisik seng'ani aro changa sapani donggenchimoba, ia gunrangko jakkalna man'jani gimin uarang magna ong'aia. Mitam jatrango me'chikrangko mande ra'ani gnang aro u'mangko dingtang dingtang kamrango bak ra'na aro indaken dilgipani kamko ka'naba on'a. Ia chasongrango me'chikrang toromni aro a'gilsakni dingtang dingtang kamrango dilgiparang ong'enga. Uandaken da'ororo toromo, a'songko sason ka'ania, lekka porani bidingo bading chiwalani bidingo ( business ) aro indake gipin kamrango dilgipa ong'enga. Skango je kamrangkon me'asani kamsa ine chanchiachin, ua kamrangkomangba da'ode me'chikrangba ka'engaha ine nikna man'gen.

## Me'chikrangni dilgipani kamko ka'ani-Mesokanirang :

Toromni dilgipa ong'chong ba a'gilsakni kamrangni dilgipa ong'chong, me'asa ba me'chik dilgipa ong'chong, dilgipani gunrang aro kamrang apsan apsan ong'anga. Ia somoio anga mongsongbate toromo me'chikrangni dilgipa ong'ani gimin janapna sika.

Sastroo Niam Gitchamo aro Nlam Gitaloba an'ching adita me'chik dilgiparangko nikna man'a. Niam Gitchamo Miriam, Moseni abitang, Mose aro Aaron baksa Israel jatrangko Egypt a'songoniko naljokatani aro rimongkatbaanio bak ra'paaha. Mika 6 : 4 -o indake sea, "Maina anga nang'ko Egypt a'songoniko rimodobaaha, aro nokkol itani nokoniko nang'ko naljokaha, aro anga nang'na skang skang Mose. Aaron aro Miriamko watataha." Sakgipin me'chik dilgipara Debora ong'a. Deborani gimin indine agana, "Aro uororo Lappidothni jikgipa, katchinikgipa me'ehik, Debora, Israelko bichal ka'achim. Aro ua Ephraimni a'bri jolo Rama aro Bethel-ni gisepo, Deborani kejur bolni ja'rango dongkamachim. Aro Israelni dedrang bichal ka'ako man'na uona dobaaha. ( Bichal Ka'giparang 4 : 4 - 5 ). Debora, bia ka'gimin me'chikni mongsonggipa kam minggniara, katchinike aganani aro Israel manderangko bichal ka'ani kam ong'achim. Deborani dilanichi bilsil kolgrikna gipin jatni jato jakchisason ka'aoni Israelrang jokataniko man'aha. Una agre katchinikgipa me'chik sakgnini gimin Niam Gitchamo janapa gnang. Uamanga Hulda ( 2 Raja 22 : 14 ) aro Isaiani jikgipa ( Isaia 8 : 3 ). Esther rani an tangni rani ong'ani positionko, Jihudi jat gimikko Hamanni budhidake nisiattokgnioniko naljakatna jakkalaha. Gun gnanggipa me'chikni gimin Toe Ski 31 : 10-31-o poraina man'a. Gun gnanggipa me'chikara bimchipgipa aro changgipa sapgipa ong'a. Ua a'ani nokgipa ong'a ( landowner ) aro bading chiwalanio chu'sokgipa ong'a ( successful business-woman ). Ua ka'sae dakgipa aro kangal cholgrirangna tangka paisa on'e dakchakgipa ong'a. Ua gisik gnanggipa ong'a aro uni ku'patianiko manderang am'a. Iano an'ching me'chik dilgipani gunrangko nika.

Niam Gitalni chasongo Jihudi me'chikrangko one ra'a. Indiba Jisude me'chikrangko mande ra'achim. Jisu songjinmarang aro gittimrang re'jojoe aganprakmitingo

mitam me'chikrangba Unbaksa ja'rikpaachim ( Luk 8:1-2 3 ). Bethanyini Mariam Jisuni ja'ani sambao asonge Uni skianiko knatimon Jisu uko jechakjaha. Pharisi aro Sadukiranguade ian dakmalgija ong'enggenchim. Jisu Kristo mandeni papna sichakon, gital chasong ong'baaha. Kristoni sichakanichi Jihudi aro gipin jatrangni gisepo dintanggrikani, me'asa aro me'chikni gisepo dintanggrikani aro kamal aro ramram manderangni gisepo dintanggrikaniko chel ataha. Galatirang 3 : 27, 28, o sea, 'Maina na'simang badita Kristoona baptize ka'ako man'aha, na simang Kristoko ganaha. Jihudi ong'ja, Greekba ong'ja, nokol ong'ja, jakgitelba ong'ja me'asa aro me'chikba ong'ja, maina Kristo Jisuo na'sinang pilakan saksan."

Luk 2 : 36, 37, o Anna katchinikgipani gimin jana-pani gnan. Thyatirani Lydiaba me'chikrangko dakdilgipa ong'paachin aro Paul baksa Nama Kattako skianio bak man pagipa ong'achim. ( Wat 16 : 14, 40 ) Phoebea deaconessni kamko ka'achim aro haida ia apsan kamkon Priskilaba ka'ahachim. ( Rom 16 : 1: Rom 16:3, Watata 18 ) Euodia aro Syntyke, Phillppio donggiparang ong'a aro uamangba bidingo dilgiparang ong'achim, maina Paul uamangko uni pakripeko repechakgipa ine talataha. ( Philipi 4 : 3 )

Uandake Niam Gitalni chasongo Isolni seokako man'gipa me'chikrang, dilgipani kamko me'asarang baksa apsan apsan ka'paaha ine nikna man'a.

### **Dilgipani Gunrang :**

An'ohingni mondolirangoba, mondoliko rikanio me'chikrang me'asarangko dakchakpaa aro mongsonggipa bakrangko ra'paa. Mondolirango, Krimarango aro Dalgipa Krimao me'chikrangni dol gnan la dolrangni dilgiparang gnan aro ia dolrang mondolirangko bilakatna kamko ka'paa. Me'asa ong'chong ba me'chik ong'chong, toromko dilgipani gunrang apsan ong'a.

Mondolio dilgipa ong'na skanggipa ba mongsongbatgipa qualificationara, ua dilgipa Kristoko ma'sigipa ba atchitaigimin ong'na nanga. Ua an'tangan jokataniko 'personal experience' man'gimin ong'na nanga. Je dilgipaan Kristoko ma'sija, ua an'tangni ning'o donggiparangna skie on'anio aro uamangko re'dilanio bil man'gipa ong'jawa. Oawarang dilgipa ong'na kraa ? Ba dilgipani gunrang mai dakgipa ong'na nanga ? Mondolio dilgipani gunrangni gimin bang'bate seaniko I Timothy 3 : 1—13 aro Titus 1 : 5—9, o nikna man'a. Ia Sastroni bakrango segimin gita dilgipara matnanga grigipa, gisik rakgipa, gisik namgipa, krakra dakgipa, sokgipako chakgipa aro skina changgipa ong'na nanga. Ua sontolgipa, jegrikgljagipa, tangkana mikpakma nigijagipa, dedrangko bamatao name re'dilgipa ong'na nanga. Dilgipa bebera'anio brigimin mature ong'gimin ) ong'na nanga. Dingtangmancha me'chikrangna I Timothy 3 : 11, o agana, "Uandake me'chikrang mikchikkima, mitakgiparang ong'gija, gisik rakgiparang. pilakon bebegipa ong'na nanga." Titus 1 : 5—9, o dilgipa namana ka'sagipa, rinok ninok dargipa, toromigipa, rongtalgipa, an'tangko bamatgipa, bebera ani katta-ko ketket rim'gipa ong'na nanggen ine janapaha.

**Me'chikrangni Dilgipa Ong'anio Neng'nikanirang/  
Jajaanirang :**

Toromo me'chik dilgiparanga jongpaa ine an'ching. Sastrooniko nikahaoba, Paulni badiaba Sastroni bakrango me'chikrangni gimin agangipa kattarang me'chikrangni dilgipani kamko ra'anio adita jajaanirangko ong'ataha. Jekai Paul I Korinthisrang 14 : 34, 35, o indine aganaha, "Rongtalarangni pilak mondolirango gita, me'chikrang mondolirango jrip dongchina ; maina agauna uamangna on'ja ; indiba uamang bame dongchina, jedake niamba agana. Aro uamang maikoba skia man'na skode, uamang noko setangtango sing'china ; maina mondolio aganna me'chikni kratchaani ong'a." I Timothy 2 : 11—12, oba

agana, "Me'chik pilak bamao tom'tome skia man'china. Indiba skina ba me'asani kosako bilko man'na, me'chikna on'ja, indiba tomtome dongna." Ia seanirango niode Paul, me'chikrangko mondolirango ba tom'anirango aganna ba bilgipani kamko ka'na beng'aha gita nika. Indiba gipin Sastroni bakrango me'chikrangni katchinike aganani gimin janapaha aro skichinaba ge'etaha. ( Joe 12 : 28, Watata 2 : 17, Titus 2 : 3—5 ).

Badiaba ki'tap segiparang ia me'chikrangko tom'anirango aganna beng'ani gimin indake talataha. Ua chasongo me'chikrang inditana jakgitel ong'jachim aro skiaba man'jachim. Uamang namgipa dakbewalrangkoba uijachim. Jihudirangni dakbewalo me'chikrangko synagogrango aganna on'jachim. Olakianirangoba uamangko ki'sangchi dingtangsa asongatachim. Kristoo jakgitel oug'aniko man'ahaon, uamangba me'asarang baksa apsan olakipaaha. Ia olakianirango ba tom'anirango maiba aganani ba skianirango knaon uamang ma'sijaode setangtango chrike sing'atachim. Indake mitamrangara sing'anirango sing'aha aro mitamrangara talatanirango dakchina chrikwatataha. Uamangoni mitamrangara an'tangtangan talatanirango dakna jotton ka'aha. Uamangni skia man'gijaniko aro nama dakbewalrangko uigijaniko chanchiatode, uamang kuturi samsaoni kuturi samgipinona chrikwatwate aganaha ine chanchiatna man'gen. Indake olakianirango golmal ong'anirango namatnasa Paul ia kattarangko seaha ine ia k'tap segiparang talataniko dakaha.

### **Bon atani :**

Toromo me'chikrangni jak on'paani mairongpile mongsonggipa ( important ) ong'achim darangba jechakna man'jawa. Me'chikrang apsan apsan me'asarang baksa ka'pae mondolirango rikna aro bilakatna aro Isolni kattarangko gipatna dakchakaha. Me'chikrang dilgipani

kamko kn'engode, maiba miksonganio Isol uamangko ua gadango donaha ine ma'sie ra'na. Esther Raniko maikai Jihudi ja'ko jokatna gita Isol uko ranini gadangona tang'-doatahachim, indake Isol me'chik dilgipa sakantikoba maiba miksonganiko chu'sokatna dilgipani gadango donaha. Uni gimin me'chik dilgiparang, je kamko Isol uamangna on'aha, uko Isolna bamanio kakket onge, Isolni skaniko chu'sokate mikkangchi kam ka'angkuchina ine iachi didiatpana sika.

**Mrs. Vivian Ch. Momin**  
**Tura.**

# Bible Study

**Subject :— Janggi Jokani**

**Aganchengani :-** Mandeni dal'batsranggipa angnikania, "Janggi jokanian" ong'a. Sastroo indake aganani gnang. Maina mande a'gilsak gimikko man'oba ua an'tangni janggiko gimaatode nai namgniko man'piti.  
( Mark 8 : 36 ).

Mandeara an'tangni janggi jokani gimin chong motko masie ra'na nanga. Mandeni janggi tanganio chanchi-chipesa jokaniko man'a ine ka'dongnaba gnang, indiba ua jokataniko man'cha ine gisiko katchaaniko man'na amjava. Isolara mande sakantiko indake ka'dongbregi-janiko nangnikja, indiba mande an'tangni bebcra'anio kim'kim ong'e janggi tangani baksa sakgipinrangna an'tangni bebcra'anio sakki on'aniko nangnika.

1. Maini gimin a'gilsakni mande sakantian jokataniko nanga ?

A. A'gilsako darang mandeba namgipa dongja.

- |                  |                         |
|------------------|-------------------------|
| i) Rom 3 : 23    | ii) Aganprakgipa 7 : 20 |
| iii) Git 143 : 3 | ) Isala 64 : 6.         |

B. Kristona agrede darang'a janggi jokatani bilko nan na amja.

- |                  |                   |
|------------------|-------------------|
| i) Watata 4 : 12 | ii) Johan 14 : 6  |
| iii) Mati 1 : 21 | iv) Luke 19 : 10. |

2. Mande jokataniko man'ahaon mai katchaani gnang ?

A. Iselni bichal ka'aoni jokatak'o man'aha aro jringjrotni janggiko man'aha.

- |                   |                    |
|-------------------|--------------------|
| i) Johan 3 : 18   | ii) Johan 3 : 16   |
| iii) Johan 5 : 24 | iv) Johan 11 : 25. |
| v) Johan 5 : 13.  |                    |

3. Mande nama kamrangko ka'anichi jokataniko man'a  
ine Sastroo maming janapaniko nikna man'jawa.

- i) Galati 2 : 16 & 21      ii) Ephesus 2 : 8—10
- iii) Rom 4 : 4—6      iv) Gal 13 : 11—13
- v) Titus 3 : 5.

4. Janggi jokania Isolni an'chingna ka'sae on'gimin bok-  
sissa on'ga.

A. Mande sakanti Kristoo bebera'e Uko ra'chaka-  
nichisan Uni jokataniko man'na amaia.

- i) Johan 1 : 12      ii) Rom 10 : 9—11

5. An'chingara Kristoni jokataniko kim'kim on'ge  
bebera'srangna man'ama ?

1. Isol an'chingko Uo kim'kim bebera'e katchaa-  
niko nangnika.

2. Iani giminan an'chingna Sastroo bebera'china  
on'aha.

3. Isolni ku'rachakanlosa pangchakna nanga aro  
an'tangni chanchianio ong'na nangja.

- i) Titus 1 : 2 ; Isol tol'na man'ja.
- ii) I Johan 5 : 13 Iako bebera'gipa sakantinan seaha.
- iii) Gisik Rongtalgipachi bebera'gipa sakantiko  
Saitanni brangataoniko mohor su'e rakkiman'-  
aha. Ephesus 1 : 13—14.

Janggi jokanina Isolni kaltaosan pangchakna nanga ;  
Gipino mamingoba pangchakani dongja





**EEU DEE PRINTERS**

*A House of Quality Printings.*  
**NAKHAM BAZAR, TURA-794001.**  
**West Garo Hills, Meghalaya.**  
**☎ : 32662**